

50+ Games *for* P.E.

Inside + Outside

1. Capture the Football
2. Take A Chance
3. Non-Stop Jaws!
4. Mission Impossible
5. Stinger
6. Four Square
7. Steal the Bacon



8. Gatorball
9. Silent Speedball
10. Danish Rounders
11. Ninja Turtle ...

4th-12th Grade

P.E. Bundle!

Health Education Today



HERE IS WHAT IS INCLUDED:

Have fun- Get Fit!



Health Education Today

< > Fun Games and Activities

Name

-  0. Fun Games Teacher Directions.docx
-  0. Fun Games Teacher Directions.pdf
- >  1. Low Organized Games
- >  2. Jump Roping
- >  3. 25 NEW Cooperative Games
- >  4. Summer Olympic P.E. Stations
- >  5. Winter Olympic P.E. Stations
- >  6. Hula Hoops
- >  7. Dance
- >  8. Scooters
- >  9. Whiffle Ball
- >  10. Fitness Games and Activities
- >  11. Combatives
- >  12. Kick Ball
- >  13. Dodgeball
- >  14. Rainy Day Classroom Games
- >  15. Bonus Links to Online Games
- >  16. Fitt Plans Folder
- >  17. Set Gym Up As Sports Club
- >  18. Heart Rate Lesson
- >  19. Rubrics
-  20. Class Choices Survey.docx
-  20. Class Choices Survey.pdf
-  21. Peer Grading Sheet.docx
-  21. Play Score Sheet2.pdf
-  21Play Score Sheet1.pdf
-  22. Ways to Group Students.docx
-  22. Ways to Group Students.pdf
- >  23. Getting Donated Equipment

Health Education Today, Inc.



Thank you for previewing!

Editable in WORD and PDF

- ▼ 1. Low Organized Games
 - ▶ 1. Capture the Football
 - ▶ 2. Take A Chance
 - ▶ 3. Endline Soccer
 - ▶ 4. Mission Impossible
 - ▶ 5. Stinger
 - ▶ 6. 4 Square
 - ▶ 7. Steal the Bacon
 - ▶ 8. Capture the Flag
 - ▶ 9. Danish Rounders
 - ▶ 10. Betcha a Buck Challenge
 - ▶ 11. Tunnel Soccer
 - ▶ 12. Space Invaders
 - ▶ 13. Pack Man Tag
 - ▶ 14. Red Green Black Line
 - ▶ 15. Gatorball in the Gym.pdf
 - ▶ 16. Silent Speedball.pdf
 - ▶ 17. Amoeba Tag
 - ▶ 18. Gotchal
 - ▶ 19. Ninja Turtle Dodgeball
 - ▶ 20. Non-Stop Jaws
 - ▶ Here is a great website for Hopscotch.pdf
 - ▶ Ways to Group Students.docx
 - ▶ Ways to Group Students.pdf

1

2

- ▼ 2. Jump Roping
 - ▶ 1. J Rope Teacher Directions.docx
 - ▶ 1. J Rope Teacher Directions.pdf
 - ▶ Endurance Test.docx
 - ▶ Endurance Test.pdf
 - ▶ Speed Test.docx
 - ▶ Speed Test.pdf
- ▼ 3. 25 NEW Cooperative Games
 - ▶ 1. Cooperative Games Spreadsheet.docx
 - ▶ 1. Cooperative Games Spreadsheet.pdf
 - ▶ 2. Games to Print

**50+ Games in
23 Folders**

3-6

- ▼ 3. 25 NEW Cooperative Games
 - ▶ 1. Cooperative Games Spreadsheet.docx
 - ▶ 1. Cooperative Games Spreadsheet.pdf
 - ▶ 2. Games to Print
- ▼ 4. Summer Olympic P.E. Stations
 - ▶ Olympic Circuit Around the Gym Font 2.docx
 - ▶ Olympic Circuit Around the Gym Font 2.pdf
 - ▶ Olympic Circuit Around the Gym.docx
 - ▶ Olympic Circuit Around the Gym.pdf
- ▼ 5. Winter Olympic P.E. Stations
 - ▶ Olympic Circuit Around the Gym Directions.docx
 - ▶ Olympic Circuit Around the Gym Directions.pdf
 - ▶ Olympic Circuit Around the Gym Font 2.docx
 - ▶ Olympic Circuit Around the Gym Font 2.pdf
 - ▶ Posters to Print.docx
 - ▶ Posters to Print.pdf
- ▼ 6. Hula Hoops
 - ▶ Hula Hoops.docx
 - ▶ Hula Hoops.pdf

31 SO FAR!

7**Dance**

- 10 Step.doc
- 10 Step.pdf
- Angus Reel.doc
- Angus Reel.pdf
- Electric Slide.doc
- Electric Slide.pdf
- Fun YouTube Videos.docx
- Fun YouTube Videos.pdf
- Oh Johnny Circle Dance.doc
- Oh Johnny Circle Dance.pdf
- Salsa Dancing for Beginners.docx
- Salsa Dancing for Beginners.pdf
- Slappin' Leather.doc
- Slappin' Leather.pdf
- Tush Push Easy Version.doc
- Tush Push Easy Version.pdf
- Zumba. Tango. Salsa.doc
- Zumba. Tango. Salsa.pdf

8, 9, + 10**8. Scooters**

- Scooter Battleship.docx
- Scooter Battleship.pdf
- Scooter Pinball.pdf
- Scooter Relays.docx
- Scooter Relays.pdf

9. Whiffle Ball

- 1. Whiffleball.docx
- 1. Whiffleball.pdf
- 2. Whiffleball.pdf

10. Fitness Games and Activities

- 1 Minute Activities.docx
- 1 Minute Activities.pdf
- Deal a Healthy Heart Indoor Version.pdf
- Mrs. M's Deal a Healthy Heart.pdf
- Spartan Sprint.docx
- Spartan Sprint.pdf
- Whistle Game.docx
- Whistle Game.pdf

11, 12, + 13**11. Combatives**

- Combatives.docx
- Combatives.pdf

12. Kick Ball

- Kickball Basketball.pdf
- Kickball.docx
- Kickball.pdf

13. Dodgeball

- Circle Dodgeball.pdf
- Dodgeball.docx
- Dodgeball.pdf
- Ninja Turtle DB.docx
- Ninja Turtle DB.pdf

14 + 15**14. Rainy Day Classroom Games**

- Classroom Games Kit.docx
- Classroom Games Kit.pdf

15. Bonus Links to Online Games

- iPod Scavenger Hunt.docx
- iPod Scavenger Hunt.pdf
- More Low Organized Games.docx
- More Low Organized Games.pdf
- Olympic Stations.docx
- Olympic Stations.pdf
- PE Blogs to Check Out
- PE Blogs to Check Out
- Pinterest PE Games

54+ TOTAL!

16

▼ 16. Fitt Plans Folder

📄 1. Fitt Plans Teacher Directions.docx

📄 1. Fitt Plans Teacher Directions.pdf

▶ 2. NEW AWARD WINNING FITNESS LESSONS

📄 3. NEW P.E. Runs on Fitness Video.docx

📄 3. NEW P.E. Runs on Fitness Video.pdf

📄 Fitt Plan Overview.docx

📄 Fitt Plan Overview.pdf

📄 Fitt Plan Worksheet all 4.docx

📄 Fitt Plan Worksheet all 4.pdf

📄 Fitt Plans Blank.docx

📄 Fitt Plans blank.pdf

📄 Fuel Up To Play 60.pdf

📄 Muscle Fitness and endurance

📄 Muscular Endurance Challenge

📄 Muscular Endurance Challenge

📄 Parent Fitt Plan Homework

📄 Parent Fitt Plan Homework

17 - 23

▼ 17. Flipping PE

▶ 0. NEW 60 articles for Non Suits or Make Ups

📄 Flipped Physical Education.docx

📄 Flipped Physical Education.pdf

▶ Optional Videos

▼ 18. Heart Rate Lesson

📄 Heart Rate Control.docx

📄 Heart Rate Control.pdf

📄 Heart rate chart.pdf

📄 Heart rate Directions.docx

📄 Heart rate Directions.pdf

📄 heart rate formula.docx

📄 Heart rate zones.pdf

▼ 19. Rubrics

📄 1. P.E. Outcome and Grading Rubrics.docx

📄 1. P.E. Outcome and Grading Rubrics.pdf

📄 2. More Skills Rubric.pdf

📄 20. Class Choices Survey.docx

📄 20. Class Choices Survey.pdf

📄 21. Peer Grading Sheet.docx

📄 21. Play Score Sheet.pdf

📄 22. Ways to Group Students.docx

📄 22. Ways to Group Students.pdf

▶ 23. Getting Donated Equipment

BONUS!



Preview

13. walking lunges
14. crab position push ups
15. arm circles

- 1



Teacher can determine if the workout is getting too hard, and allow your athletes and have students find a partner and play a game of "Round War" or do some stretching!

King: Drizzle the soccer ball across the field and back

Queen: Drizzle the ball to midfield and back

Jack: 25 forward passes

Diamond: That = of push-ups

Heart: 2 sets of that = of toe touches on soccer ball

Club: That = of high knees

Spade: 2 sets of that = of freestyle w/ soccer ball

- A-1 3-Laps
 A- 30-Peak Type
 A- 4-Laps
 20-Jumping Poles
 B-1 60-Crossbars
 B 100-Jump-Ropes
 5-Laps
 B- 30-Mountain Climbers
 C-1 30-Peak Type
 C- 4-Laps
 20-Jumping Poles
 C- 10-60-Jumps
 10-Jumping Poles
 10-Laps
 B-1 60-Crossbars
 30-Peak Type
 100-Jump-Ropes

Expects to students that they will always be juggling in place and then they will do 3 things on the whistle in this order:

- 1) First whistle bend down and touch the ground
- 2) Next whistle jump with arms up
- 3) Third whistle spin around once

Practice juggling. Practice slowly with each whistle. The teacher leads the whistle once and students should touch ground. Then jg again.

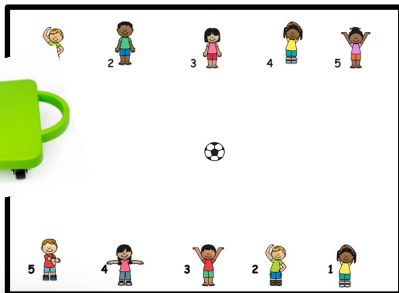
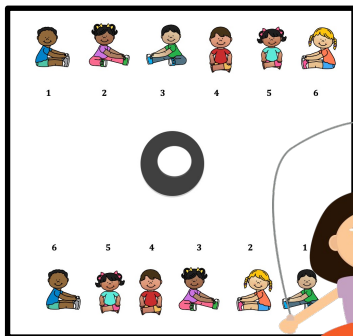
When again and they jump up with arms up, then jg.

Then again and the spin and jg.

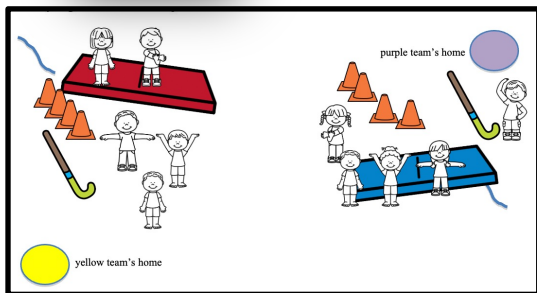
Only making your vehicles at different intervals, always just 1000 miles, but the students will go off as remembering what to do. I'm sorry to see others miss!

Preview

HERE IS WHAT IS INCLUDED:



Teenage Mutant Ninja Turtle Dodgeball:



Here are a few of the resources included:

Name: _____ Per: _____ Date: _____

1. Record Your CardioRespiratory Endurance Scores:

	Your Score	National Standard	Presidential Standard	Will your goal be to <u>maintain</u> or <u>improve</u> ?	Your goal for 1 month from now:
Mile Test:					
Other Test:					

2. Know the CardioRespiratory Endurance Workout Guidelines:

Use the following guidelines in writing your fitness plans. You will need to decide if you should maintain, or improve your fitness according to how your current scores meet Presidential Fitness standards: (if you meet standard, you can choose to maintain, or improve. If you did not meet standard, you should choose to improve.)

CardioRespiratory Endurance	
To maintain:	To improve:
F 3 days a week	5 days a week
T 60% of max heart rate (220 minus your age)	80% of max heart rate (220 minus your age)
I At least 30 minutes	30-60 minutes
T Aerobic activities like run, dance, swim, bike	Aerobic activities like run, dance, swim, bike

Mission Impossible

THIS ACTIVITY MEETS NATIONAL STANDARDS-See end of activity/lesson

st. ment (see graphic below)

outside field with two teams and two opposite starting points. Put 10 for each team (make sure it's exactly the same equipment for everyone) sitting by their starting point, like you see the cones and thick sample, and also put some on a mat a ways out from each team. Use 10 there, thick ropes, cones, pieces of wood, old trees, you name it.) sent so that it's hard, but not impossible to do, and don't have enough your own people do, just go by themselves-the idea is that they have to cooperate to get you! You will be having two teams competing against each other so you game should be like this:

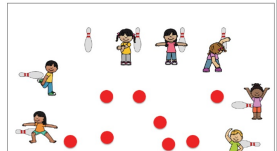
Take a Chance

THIS ACTIVITY MEETS NATIONAL STANDARDS-See end of activity/lesson

Equipment Needed:

-enough bowling pins (or empty 2 liter pop bottles) for your class minus about 5-10
-several balls (net work great, but real balls work well and bean bags work great with 2-liter bottles but are a bit too light to knock over a bowling pin)

1. Set up your gym or outside parking lot/paved area with either bowling pins around the edge of a designated area, or for a more wild/crazy game, set your bowling pins up



Betcha a Buck Challenge

THIS ACTIVITY MEETS NATIONAL STANDARDS-See end of activity/lesson

Equipment Needed:

- printed dollars (see graphic below)
- ideas for challenges that teacher will call out
- optional: music
- optional: prizes

1. All students do 5 laps to receive 5 or 10 dollars (add your school logo in the middle):

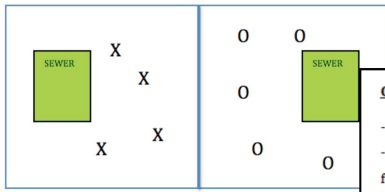


2. Put students in pairs. Teacher reads a challenge and one partner challenges the other partner to see who can do the most. You MUST challenge at least \$1.00 but you can challenge for more. It alternates who get to place the "bet" (how much \$ will be on the challenge).



if all
touch
don't
e whole

Teenage Mutant Ninja Turtle Dodgeball:



Age:	220 max lbs	Healthy Heart Zone					Anxious Zone				
		50%	60%	70%	80%	90%	Fitness Zone				
14	204	100	120	140	170	190					
15	205	100	120	140	160	190					
16	204	100	120	140	160	180					
17	203	100	120	140	160	180					

These % are rounded so you can take a 4 sec. count and add a "4".

Combatives:

- Chicken fights standing on a board
- stand on L foot and hold R foot with your L hand foot down, you're out.
- Thumb wrestling
- Alligator wrestling-in push up position facing make them crash.
- Crab wrestling-in crab walk position and try
- Rat Tail-have a jump rope tucked in waistband yours gets pulled out

Teach your students about FITT plans:

This worksheet makes it easy for students to understand how to personalize the FITT plan for goals. They will understand the 5 components of Fitness and know for each component what to maintain or improve that skill. (with the exception of body composition because the FITT plan body fat is the same as the Cardio FITT plan). Here are the 5 components:

- Cardiovascular Fitness
- Muscular Endurance
- Muscular Strength
- Flexibility
- Body Composition

F - Frequency: how often you will perform physical activity
I - Intensity: how hard you will perform physical activity
T - Time: how long you will perform physical activities
T - Type: the kind of physical activities you will perform

Use the following guidelines in writing your own fitness plans. You will need to decide maintain, or improve your fitness according to how your current scores meet President standards. (if you met standard, you can choose to maintain, or improve. If you did not standard, you should choose to improve.)

Muscular Strength	
To maintain:	To improve:
F 2 days a week (w/ day of rest in between)	3-4 days a week (w/ day of rest)
I 1-3 reps of heavier weight (3 sets)	3-5 reps of heavier weight (3 sets)
T However long it takes to complete 3 sets	However long it takes to complete 3 sets
T Free weights, weight machines, exercises	Free weights, weight machines,

Electric Slide:

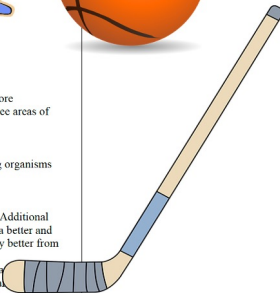
Formation: In lines
X X X X X X X X
X X X X X X X X
X X X X X X X X

- 1) To the right side step: R, L, R, clap
- 2) Go back: L, R, L, clap
- 3) Again to the right grapevine: R, L behind, right foot)
- 4) Go back left grapevine: L, R behind, L, clap
- 5) Step back with R, L, R, clap and keep weight
- 6) Step with weight to left foot and lean forward and can touch floor with L hand)
- 7) Step back with R, tap L next to R foot (keep)
- 8) Step forward with L again, scuff R foot, turn facing a new wall and take it from the top!

	50%	60%	70%	80%	90%
Training Zones:					
Healthy Heart Zone:					
Decreases body fat, blood pressure and cholesterol. 85% of calories burned in this zone are fat!		50 - 60%			
Fitness Zone:					
Same benefits as healthy heart zone, but more intense and burns more total calories. Percent of fat calories is still 85%.		60 - 70%			
Aerobic Zone:					
Will improve your cardiovascular and respiratory system AND increase the size and strength of your heart. This is the preferred zone if you are training for an endurance event. More calories are burned with 50% from fat.			70 - 80%		



Muscle Fitness



THE CONCEPT OF MUSCLE FITNESS

Muscle fitness is concerned with training the voluntary muscles to more efficiently do the jobs that contribute to our survival. Generally there are three areas of concern, muscular strength, muscular endurance and muscular power.

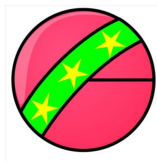
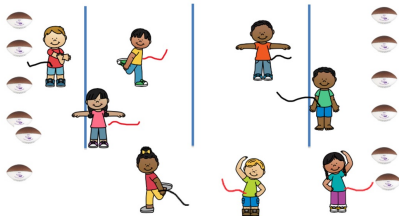
WHAT IS MUSCLE STRENGTH?

Muscular strength is the power of exerting muscular force. All living organisms have strength, some more than others and in different forms than others.

WHY DO YOU NEED STRENGTH?

People need a certain amount of strength to deal with life and work. Additional strength helps keep various body systems healthy, allows one to resist trauma better and to recover from trauma quicker. Generally, greater strength protects the body better from stress.

Some persons choose to be involved in activities that require significant strength. Farm laborers, loggers, construction workers, warehouse workers and others would be able to work more efficiently if they increased their strength.



FOUR SQUARE RULES:

1. Server stands in the #1 square. Server calls any special game.
2. Players waiting stand by the #4 square. The first person in line is the judge. If there is an argument and the judge didn't see it clearly, **RE-SERVE**.
3. Server must have 1 foot in diagonal corner when serving. All other times his foot does not have to stay in corner.
4. To serve, drop the ball and hit with an open hand, fingers pointing down. **Serve must be returnable.**
5. The ball does not have to bounce before being hit, but if it does bounce, it **may only bounce once.**
6. Lines are good!!!
7. No touching or carrying
8. When you miss, go to end of line and next person waiting comes into #4 square.
9. Ball must be hit with an open hand with fingers either up or down-no flin. Using 1 hand is fine.



HULA HOOP UNIT:

Individual Challenges:

A. Jumping/Crossing:

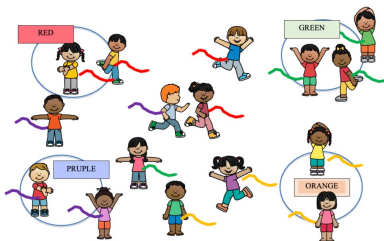
1. Jump forward into and out of the hoop (count a specific time limit)
2. Jump backward into the hoop and out
3. Jump sideways in and out



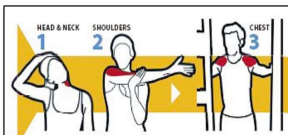
MARATHON:

Skip with High Knees

-Step (R), lift opposite knee (L), step other foot (L), lift opposite knee (R)



MORE FOR OLDER KIDS!



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Cardiovascular Fitness

Muscular Endurance

Muscular Strength

Flexibility

Body Composition

Use the following guidelines in writing your own fitness plans. You will need to **maintain** or **improve** your fitness according to how your current scores measure up. (If you met standard, you can choose to maintain, or improve standard, you should choose to improve.)

Muscular Strength	
To maintain:	To improve:
F 2 days a week (w/ day of rest in between)	3-4 days a week (w/ day of rest in between)
I 1-3 reps of heavier weight (3 sets)	3-5 reps of heavier weight (3 sets)
T However long it takes to complete 3 sets	However long it takes to complete 3 sets
T Free weights, weight machines, exercises	Free weights, weight machines, exercises

F - Frequency: how often you will perform
I - Intensity: how hard you will perform phys
T - Time: how long you will perform physical
T - Type: the kind of physical activities you

ZUMBA:

IDEA: Have each student pick a dance they don't (or watch a video) and then teach it to the class. teacher you don't have to know all these dance



Tons of Zumba videos (Choose one for the level of your class)
<https://www.pinterest.com/search/boards/?q=zumba>

Deal a Healthy Heart

...and play some soccer too!

- Ace:** Entire group runs 1 lap around soccer field
- King:** Dribble the soccer ball across the field and back
- Queen:** Dribble the ball to midfield and back
- Jack:** 25 forward lunges
- Diamond:** That # of push-ups



1. VOLLEYBALL:

Squat Jump

-Feet spread side-to-side, bend knees to squat, and come back up.



*Make sure to keep your knees behind your toes when you look down at them!

2. WEIGHT LIFTING:

Chest Press with Dumb bells



3. SOCCER:

Reverse Lung with Kick



FREE! Print this HULA HOOP UNIT:

Individual Challenges:

A. Jumping/Crossing:

1. Jump forward into and out of the hoop
(count a specific time limit)
2. Jump backward into the hoop and out
3. Jump sideways in and out
4. Jump in and out touching toes while you are in the air
5. Jump all around your hoop
6. Jump in, spin out
7. Jump all the way across your hoop-how high can
8. How far past it can you land when jumping across
9. Try 3 different ways to go across your hoop
10. Now cross as many different ways by putting you're hands down in the middle of hoop
11. Stretch across your hoop-bridge



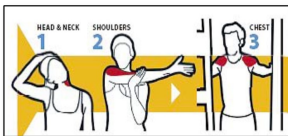
**Print from
Preview!**



B. Walking on:

1. Walk around on rim
2. Walk backward on rim without feet touching ground

MORE FOR OLDER KIDS!



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... and play some soccer too!

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Squat Jump

-Feet spread side-to-side, bend knees to squat, and come back up.



*Make sure to keep your knees behind your toes when you look down at them!

2. WEIGHT LIFTING:

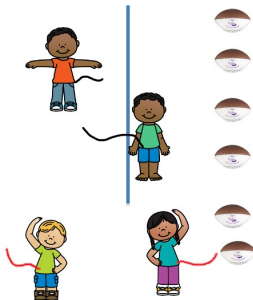
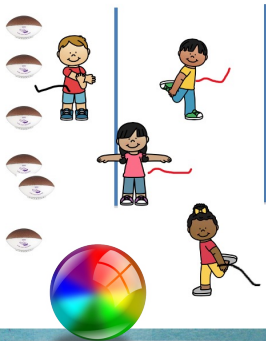
Chest Press with Dumbbells



3. SOCCER:

Reverse Lunge with Kick





FOUR SQUARE RULES:

1. Server stands in the #1 square. Server calls any special game.
2. Players waiting stand by the #4 square. The first person in line is the judge. (If there is an argument and the judge didn't see it clearly, **RE-SERVE**.)
3. Server must have 1 foot in diagonal corner when serving. All other times his foot does not have to stay in corner.
4. To serve, drop the ball and hit with an open hand, fingers pointing



HULA HOOP UNIT:

Individual Challenges:

A. Jumping/Crossing:

1. Jump forward into and out of the hoop (count a specific time limit)
2. Jump backward into the hoop and out
3. Jump sideways in and out



5. MARATHON:

Skip with High Knees

-Step (R), lift opposite knee (L), step other foot (L), lift opposite knee (R)



Students
of all
ages love
games!

WORKS CITED:

4th-12th Grade



MUSIC BY BENSOUND